

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3	4	5	6	7 Zumba 9a-10a	8
9	10	11 Veterans Day NFWC Closed	12	13	14	15
16	17	18	19 Warrior Fitness 6:45a-7:30a	20	21	22
23/30	24 Turkey Burn 6:30p-7:30p	25	26	27 Thanksgiving NFWC Closed	28 NFWC Closed	29

**Main Office Hours:**  
Mon-Fri: 8:00a-5:00p

**Membership Office Hours:**  
Mon-Fri: 9:00a-7:45p  
Sat: 9:00a-1:00p

### Zumba

Trim and tone every muscle in your body during this hour long, party-style workout!

### Turkey Burn

Prepare your metabolism for Thanksgiving with this fast-paced, high-intensity class.

### Warrior Fitness:

Functional fitness that will push you to your limit. Wake up the inner warrior in you!

**Norfolk Fitness & Wellness Center**  
**7300 Newport Avenue**  
**Norfolk, VA 23505**

**Center Contact:**  
**Office:** (757) 823-4301  
**Fax:** (757) 823-4313

**Facility Hours**  
**Mon-Fri:** 6:30a-8:15p  
**Sat:** 8:00a-4:45p; Closed Sundays

